

Tallaallada la Siinayo 11 jirka ilaa 12 jirka: Waxay Waalidku Ogaanayaan

Vaccines Recommended at Ages 11-12: What Parents Should Know



Tallaalladu carruurta oo keliya ma qaataan. Qaar ka mid ah tallaallada carruurta jirkooda ayey ka sii baxaan markay carruurtu weynato. Marka ay carruurtu weynaadaan waxaa la qaadsiin karaa cudurro ka duwan kuwa la qaadsiiyo marka ay yar yihiin. Waxaa jira tallaallo difaac u ah dhallinta iyo dhallinyarada soo koreysa.

Waa maxay tallaallada ilmahaygu u baahan yahay?

- ◆ Tallaalka Tdap: Waa kan ka difaacaya teetanada, gawracatada, iyo xiiqdheerta (qiixdheerta qufaca badan).
- ◆ Tallaalka caabuqa maskaxda (MCV4) (difaaca xuubka maskaxda ACWY): Tallaalkan wuxuu ilmaha ka difaacaa bakteeriyyada *Neisseria meningitidis* caabuqeeda, nooca gala xuubka maskaxda, lafta xangullah, iyo qulqulka dhiigga. Dhallintu waa in ay ku qaataan da'da 11 jir ama 12 jir iyo xoojiye ah markay gaaraan 16 jir.
- ◆ Tallaalka faayruska burooyinka (HPV): Tallaalkan waa kan looga hortago qaar ka mid ah kansar badan ama kansarka uu keeno HPV. Waa in dhallinta laga tallaalo laba jeer ka hor inta aysan gaarin 13 jir.
- ◆ Tallaalka fuluuga sannad kasta: Waa kan ka difaacaya in la qaadsiiyo faayraska fuluuga iyo in ay sii faafiyaan.
- ◆ Tallaalka COVID-19: Waa in dhallinta la siiyo xoojiye kasta oo ah COVID-19 si looga difaaco COVID-19.

Goorma aaya tallaalka laga rabaa ilmahayga?

- ◆ Marka la sameynayo wiisiteynta sannadka. Sannad kasta weydiiso dhakhtarka ama kalkalisada haddii ilmuu tallaal u baahan yahay.
- ◆ Marka loo buuxinayo waraaqaha isboortiska, iskuulka, ama dibadbixidda.

Maxaa kale oo ay waalidku tallaallada ka ogaanayaan?

- ◆ Tallaal kasta si taxadar leh aaya loo soo tijaabiyyaa si loo hubiyo badqabka iyo waxtarka laga helayo ka hor inta aan dadweynaha oo dhan lagu sii tallaalin. Xataa ka dib marka tallaal la oggolaado, aqoonyahanka ayaa la soconaya badqabka tallaallada.
- ◆ Inta badan waxyeellada tallaalka waa xanuun laga dareemo meesha la iska duro oo waa wax fudud oo socda muddo yar. Dhibaatooyin halis ah in ay keenaan tallaalladu waa naadir.
- ◆ Waxaa muhiim ah in aad u sheegto dhakhtarka ama kalkalisada haddii ay ilmahaagu xasaasiyad ku qabsaan tallaalka, sida khamiirkha, cinjirka gacmaha, ama ukunta digaagga, ka hor inta aan ilmahaaga la tallaalin.
- ◆ Haddii aad su'aalo ka qabto, weydii dhakhtarka ama kalkalisada.
- ◆ Wixii macluumaad dheeraad ah, booqo barta DHS Childhood and Adolescent Vaccine Information: (Macluumaadka DHS ee Tallalka Carruurta iyo Dhallinta) <https://www.dhs.wisconsin.gov/immunization/>

Sidee baa la iigu caawin karaa bixinta lacagta tallaallada?

- ◆ Vaccines for Children (Barnaamijka Tallaallada Carruurta ama VFC) ayaa ka bixiya lacagta tallaalka carruurta gaartay ama ka yar 18 jir, dadka aan caymis haysan, kuwa xaqa u leh Medicaid (ama Badger Care), Hindida Mareykanka, ama Dhaladka Alaska.
- ◆ Booqo barta intarnetka ee DHS VFC <https://www.dhs.wisconsin.gov/immunization/vfc-parent.htm>.

